

Appendix 8: The Sadie Centre

=Document Control:

Version	Issue Date	Changes
1.0	NA	First Draft (BE)

Reference	6041			
Name of Organisation	The Sadie Centre			
Organisation Type	Registered charity – charity number 295219			
Ward	Covers the whole of Hitchin			
Project Type	Ten-day training programme for trainers in the award-winning Positive Movement technique.			
Green option considered?	/			
NHC Councillor involvement that may constitute a conflict of interest	None that we are aware of.			
Previous financial support within six years	Yes - £1,700 for a defibrillator through a grant of £850 from the Hitchin Area Forum and £850 from Letchworth Area Forum.			
Documentation reviewed and approved*	Safeguarding	Yes	Accounts	Yes
	Demonstrates clear governance	Yes		
Total applied for	£1,500	Total project cost	£6,100	

Officer Summary

The Sadie Centre offer a range of flexible, low-cost and effective therapeutic options to help residents move through emotional and psychological challenges. This funding would cover the cost of the design and delivery of a ten-day training programme for trainers, in the award-winning *Positive Movement* technique.

The *Positive Movement* technique is an amalgam of techniques drawn from the Alexander Technique, Adaptive Yoga and Mindfulness. It is for older people with mobility problems or who are living with long-term conditions.

The Train the Trainer programme would be delivered in weekly sessions in one of their on-site classrooms. Then the Positive Movement programmes themselves would be delivered in accessible community facilities in Letchworth and Hitchin. This would create a team of teachers equipped to train new tutors, to deliver the programme widely amongst the local community.

Initially funded by a small Lottery grant and then by two Herts County Council *Innovations* grants, the programme has been delivered throughout Hertfordshire in 31 venues. Robust before-and-after evaluations of 140 participants demonstrated that 80-90% experienced reduced anxiety, stress and fear of falling, improved self-confidence, increased energy, and a greater ability to look after themselves in their own homes.

The Sadie Centre estimates that during year one, they would be able to deliver in Hitchin five venues hosting their 20-week programmes, each delivered twice throughout the year - amounting to a total of 10 programmes, each with 15 participants i.e. a total of 150 participants. Their ultimate aim is to have *Positive Movement* established as a local free, preventative service.

They are also approaching Letchworth Community Forum for £1,500, the room hire of £2,100 is an in-kind contribution and £1,000 is from Health Inequalities Funding.

*Funding will only be released on receipt and approval of all supporting documentation